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Families Stay Healthy Through Lancaster County Nutrition Education Program (NEP)



At times, paying monthly bills like electricity, phone, insurance, and car payments leave little left to buy food. "It's really

hard to buy food for my family, especially at the end of the month," are words NEP staff hear too often. The Nutrition Education Program through the UNL Cooperative Extension helps families on limited budgets eat healthier and save money. Through NEP, families learn to budget food dollars, save money through meal planning, save time by fixing quick and easy meals, keep food safe to eat, feed infants and children and prepare nutritious snacks.

This past year, NEP staff taught 1573 nutrition education lessons to 1354 people who care for 5039 family members. Education was provided for 1438 youth through 119 educational programs. Additionally, 432 teaching contacts were provided to senior citizens. Here is what families and cooperating

agencies say about how NEP is making a difference.

Better Nutrition—88% of graduates show positive change.

"I have more energy than I used to. My oldest son pays better attention in school." Early Head Start family who receive home visits.

"I'm not going to drink so much pop," an 11-year-old National Youth Sports Program participant said. (Approximately 200 ten- through 16-year-old students learned about healthy snacking through summer camp.)

"Thanks for teaching us to cook and hanging out with us." Teen parent participating in monthly NEP group lessons.

Food Resource Management—87% of graduates show positive change.

"Beth saves \$40 a month on her food bill since NEP taught her how to plan a weekly menu and use a shopping list." Early Head Start Family Advocate.

An Elliott student proudly

brought a platter of nutritious snacks to share at a school celebration. He had learned to make the "Peanut Butter Bites" as a part of the NEP 4-H School Enrichment Program. His teacher encouraged the students to use the products which their

thawed on the counter. I'm thawing foods in the refrigerator or microwave now." WIC Client.

"The students in my classroom are washing their hands much more thoroughly since the class NEP taught. You made quite an impression." Lincoln Public Schools Teacher.

The Nutrition Education Program has been a part of UNL Cooperative Extension for 31 years. Lancaster County NEP includes funding from the Expanded Food and Nutrition Education Program (EFNEP) through USDA, the Food Stamp Nutrition Education Program through Health and Human Services, Lancaster County Extension, Lincoln Housing Authority, and Early Head Start through Lincoln Action Program. To learn more about the Nutrition Education Program, call 441-7180. (MB)



NEP-4-H'er at Elliott School make peanut butter bites for a healthy snack.

families received through the WIC program to make these healthy snacks.

Food Safety—61% of graduates show positive change.

"I didn't know that my family could get sick from foods

Lancaster County NEP Employee Receives UNL Outstanding Employee Award

Virginia was honored recently by Dr. Randy Cantrell, Extension District Director, for the positive support she's provided to IANR through the Cooperative Extension Nutrition Education Program in Lancaster County.

"Because of Virginia's

healthier, fuller, and more productive lives." Carol Hudkins, Nebraska State Senator 21st District.

"The quality and quantity of work Virginia produces is extraordinary. Based upon supervisor evaluation, she has performed at this high level for her entire 30-year career."

"The Lancaster County Commissioners want to thank Virginia for her dedication and commitment. Your hard work has made and is making a difference in the quality of life we enjoy in Lancaster County. Larry Hudkins, Vice Chair, Lancaster County Commissioners.

See **AWARD** on page 12

Nebraska Nutrition Education Program Receives National Award

by Mike Harris, Administrator, Food Programs, Health and Human Services

While attending the annual American Association of Food Stamp Directors conference, I was surprised when I was asked to accept an award on behalf of the Nebraska Department of Health and Human Services for "recognition of comprehensive activities to provide nutrition education services to Nebraska food stamp families in federal fiscal year 2000." The plaque was signed by Samuel Chambers, Administrator of Food and Nutrition Service.

Only three states received such an award on September 19, and I was very pleased to accept the award for DHHS. While the plaque has our name on it, I happen to know where the credit belongs—it belongs to you and your Nutrition

Education Program team for the outstanding and dedicated service you provide to low income families we jointly serve. A personal thank you from me to you and your team from your partners at DHHS. (MB)



Dr. Wanda Koszewski accepts national HHS Award from Mike Harris, NE Food Stamp Director.

In this issue...

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Virginia Piening receives IANR Outstanding Employee Award from Dr. Randy Cantrell.

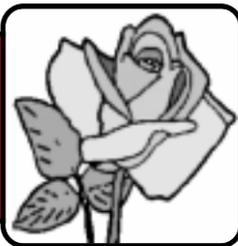
unceasing efforts and caring attitude, numerous families throughout Lincoln and Lancaster County enjoy

Lancaster County 4-H Council
University of Nebraska
Cooperative Extension in Lancaster County
444 Cherry Creek Road • Suite A
Lincoln, Nebraska 68528-1507

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Horticulture

Basic Tree Pruning

Trees are the most valuable of all landscape plants. Care for them properly, and your trees will live a long and healthy life. Start tree maintenance the day you plant the tree and continue throughout its life.

Proper pruning is essential and helps your trees live longer. Good pruning keeps your trees attractive, healthy and less susceptible to injury from natural forces such as strong winds. On the other hand, poor pruning practices, topping in particular, make trees less attractive, more prone to pest and weather problems, ultimately, shortens their life span.

You may want to hire an arborist, a trained tree service professional, to prune medium and large scale trees. These trees deserve professional maintenance because of their landscape value. Professional tree work will cost more, but you should view it as an investment.

If you don't have the knowledge or equipment to properly prune larger trees, you may injure yourself, damage the tree, nearby buildings, utility wires or other landscape plants while pruning. These pruning jobs are best left to professionals. Arborists are listed in the yellow pages of your phone book, under tree service.

If you want to prune smaller trees, here are a few helpful tips.

Use the right tools. You can prune most shrubs and small trees with hand pruning shears, lopping shears and hand pruning saw. Pruning tools are available at garden stores and hardware stores, and through garden supply catalogs.

Although you should do

most pruning from late winter through spring, other times of the year are also acceptable times to prune. Some trees will bleed when you prune them in early spring. Examples include maples and birch. This heavy sap flow does not hurt the tree, but you can prevent it by pruning during the growing season. Pruning wounds are best left unpainted. Pruning paint does not stop bleeding or prevent decay, and in some cases may even increase decay. Tree wound dressings are not recommended for most pruning cuts, including those made on maples, birch and other bleeders, to stop sap flow.

When pruning trees, there are several types of branches to remove. Prune out dead branches whenever you see them. Remove broken or diseased branches. Remove branches that are rubbing together or growing back toward the tree's crown. These last branches will eventually rub against other branches. Finally, prune out water sprouts and suckers.

You'll see water sprouts and suckers on flowering crab apples, maples and certain other trees. Suckers are long straight shoots that grow out of the ground from the tree's roots, and water sprouts are long straight shoots that grow off of the trunk and main branches.

Certain trees can have multiple leaders, including maples, ash and lindens. Trees grow best, and develop a better branch structure, when you train them to a single leader. It's important to remove all but the strongest leader early in the life of trees that are prone to developing multiple leaders.

Occasionally, you may need

See PRUNING on page 11

Each year the Nebraska Nursery and Landscape Association chooses a tree, shrub, and perennial of the year. These are new or underutilized plants that merit wider use in Nebraska.

2001 Perennial of the Year The genus Penstemon

There are so many beautiful and hardy plants among the 270 plus species in the genus Penstemon that the Great Plants Program has selected the entire group as the perennial of the year. Related to the familiar snapdragon, penstemon flowers are generally tubular in shape and typically occur in long, upright clusters. Plants range from dwarf, cushion forming types desirable for rock gardens, to taller types like 'Husker Red' that are perfectly suited to traditional gardens or perennial borders. Every state in the continental U.S. has at least one native penstemon, and Nebraska alone has 10 native species. Participating nurseries and garden centers will offer an



assortment of the best species and varieties for Nebraska.

2001 Shrub of the Year Oakleaf hydrangea (Hydrangea quercifolia)

Oakleaf hydrangea (*Hydrangea quercifolia*) is a dramatic shrub with numerous ornamental qualities. As the name implies, the bold, lobed foliage resembles large oak leaves. Dark green in the summer, the leaves assume an array of fall colors, ranging from red to orange to purple. The white-to-pink colored flowers occur in late June through July in large, drooping clusters that can be up to 12 inches in length. As an added bonus, the older stems of this shrub can have attractive, peeling, cinnamon colored bark. Oakleaf hydrangea grows four to eight feet tall, spreading as wide or wider through root suckers. It does best with some shade and mulching to maintain cool, moist root environment. It is most effective in a shrub border and in massed plantings. This plant is



native to the southeast United States.

2001 Tree of the Year Baldcypress (Taxodium distichum)

Baldcypress (*Taxodium distichum*) is a stately conifer that has proven hardy and adaptable in landscape settings across Nebraska. Although a conifer, like pine and spruce, baldcypress is deciduous, dropping its foliage in the fall. It is relatively fast growing, reaching 50 to 70 feet in height. Mature trees are pyramidal in shape and can assume a picturesque but-tressed trunk.

The fine textured, needle-like leaves are a soft, sage-green in the summer, turning to orange-tan before dropping in the fall. Native to wetlands from the southeast U.S. north into Missouri and west into Texas, baldcypress does well in moist situations, but has also proven adaptable to dry, sometimes compacted soils throughout Nebraska. (MJM)



Ten Steps To Good Gardening

A good garden just does not happen, it has to be planned. The following suggestions should help you establish an attractive and productive garden. An understanding of crop needs and cultural practices will also help assure gardening success this coming season.

1. Garden site. Choose a sunny location with good air and water drainage. At least eight hours of sunlight will produce the best vegetables. Leaf and cole crops may get by with slightly less sun in partial shaded areas. Good air circulation will keep the foliage dry and help reduce chances of disease. Water drainage is essential for strong root growth. Avoid windy locations that can damage and dry plants. Never plant a garden near a black walnut tree, it produces naturally occurring chemicals to inhibit growth of nearby plants.

2. Crop rotation. Try to rotate crops around the garden plot. Some soil-borne diseases and insects are most serious when the same or related crops are grown in the same area or row each year.

3. Soil fertility and pH. Fertilize the soil according to soil test results. A soil pH between 6.2 and 6.8 will support most vegetable crops. Over fertilization can be as harmful as under treatment. Too much nitrogen will produce leaf and stem growth at the expense of flowers and fruit production. Weak or stressed plants are more

susceptible to insect and disease attack.

4. Resistant varieties. Use resistant varieties, when available, and when they suit specific gardening needs. Information on resistance is often printed on the seed packet.

5. Good quality seed and transplants. Buy seed from a reputable seed company. When transplants are used, make certain they are in good health and grown from disease-free seed. Also check transplants for evidence of insects or disease.

6. Water. Drip or trickle irrigation is highly recommended. It reduces the amount of water that could be wasted using sprinklers or overhead watering. Drip irrigation also keeps the water off of the plant's foliage, which reduces disease problems. Try to water in the morning instead of in the evening.

7. Mulch. Consider using black plastic to control moisture loss and weeds for warm season crops like tomatoes, peppers, and vine crops. All porous mulches like straw, leaves, sawdust, or compost will give the same mulching results as black plastic, except they will lower the soil temperature, or at least prevent it from increasing, as the days warm up in the spring. Such materials are best applied to warm season crops later in the season. They present no problem to the cool season crops after the seedlings emerge.

8. Compost. Work compost

into the soil as soon as possible after the final harvest. This will promote decomposition of organic matter. If the plant material is diseased, it is better to discard it and not add it to the compost pile. This reduces the chance of disease carryover to the next seasons crop, especially with soil-borne diseases. Composting plant material will produce a usable product for the next years gardening season. Elevated temperatures in the compost pile will kill many weed seeds and leaf diseases.

9. Control weeds. Perennial weeds near gardens often harbor insects, viruses, and disease in the spring. Dense weeds in the garden also rob crops of moisture, light, and nutrients. Eliminate young weeds with shallow cultivation. Never allow weeds to flower and set seed, because this will only keep the cycle going from generation to generation. Avoid using herbicides for weed control in the home garden.

10. Control disease and insects. There are many fungicides and insecticides available to control pests in the garden. The products may be purchased separately or combined as a general purpose mixture. It is very important to first accurately identify the problem and then select the correct pesticide to control the problem. Most materials are specific for what they will control and timing of the application in relation to the problem is also critical. (MJM)

Horticulture information center

NUFACTS
24 hours a day, 7 days a week
1-800-832-5441; or
441-7188 in the Lincoln area



To listen to a NUFACTS information center message, call the number above on a touch-tone phone, then enter a three-digit number listed below. Call 441-7180 to receive a brochure with all the NUFACTS message topics. (MJM)

- NUFACTS
- 117 Tree Snow Damage
- 124 Wood for Fireplace
- 137 Deicing Salt Injury
- 210 Amaryllis
- 212 Swedish Ivy
- 213 Prayer Plant
- 214 Houseplant Insects
- 215 Cyclamens
- 217 Boston Fern
- 218 African Violet Care
- 219 Poinsettia Care
- 220 Houseplant Leaf Yellowing
- 222 Winter Houseplant Care

How do Animals Survive our Cold Nebraska Temperatures?

Barb Ogg
Extension Educator

There are two problems animals have trying to survive wintertime in Nebraska and other northern states. The first is cold temperatures may freeze or stress animals and kill them. The other problem with winter is food resources for many animals become scarce or nonexistent. Animals that overwinter in northern states have evolved adaptations to help them survive cold temperatures and insufficient food. Mammals and birds are warm-blooded and are equipped with hair/fur that helps insulate them from freezing conditions allowing many to overwinter successfully. To maintain a constant body temperature means warm-blooded animals must eat more or use fat reserves they have built up.

Because food resources are scarce, herbivores like rabbits and deer, can do serious damage to trees and shrubs during the

squirrels chew buds of trees, twigs, and can mutilate trees and shrubs.

Many animals try to find or construct a sheltered place to spend the cold winter months. This movement into sheltered



locations is why mice move into outbuildings and houses in the fall of the year. Squirrels look for shelter in hollow trees, build a den (a nest made from leaves), or chew their way into attics.

Many cold-blooded animals also seek sheltered places to prevent severe freezing. In the fall of the year, boxelder bugs crawl into cracks and crevices around window and door frames and under bark. These locations provide just enough shelter to help them survive through the winter. Face flies and cluster flies also overwinter in cracks and

crevices and "come alive" during periods of warm winter temperatures. These are just a few of the nuisance insect pests that are all trying to survive our winter temperatures.

Hibernation is another survival adaptation some animals use. Hibernating

animals develop fat reserves during warmer months when food is plenty and seek a sheltered, safe location when temperatures become cold. They lower their body temperatures to reduce the metabolic demand and live off stored fat. Studies have shown, in addition to living off fat reserves, hibernating bears maintain muscle mass and healthy bones by recycling body waste products that normally would be excreted.

Some animals, especially birds, that cannot acclimate to the cold Nebraska winters, migrate to the southern U.S. or even Central or South America. Why do some birds stay here and others fly south? Those that migrate are often insectivores and cannot find sufficient food during the wintertime. Birds that overwinter in Nebraska are often seed eaters, predators, or omnivores that eat a variety of foods.

Insects have also evolved some mechanisms to cope with our cold temperatures and seem to survive freezing temperatures quite well. How do they do this? As temperatures get colder, insects produce glycerol, which prevents ice crystals from forming in their cells. Glycerol serves as a natural antifreeze.

Bees survive cold temperatures differently than other insects. They remain active in their hive, keeping it a constant temperature—a behavior essential for their survival. How do they do this?

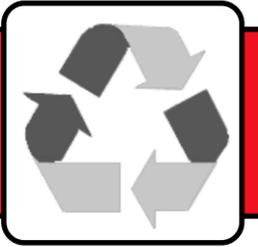
As temperatures get colder, colonies of honeybees form a dense cluster and generate heat. As the bees on the outside of the cluster become too cold to move, the warmer bees on the inside of the cluster move to the outside and push the cold bees into the cluster where they will warm up

See COLD on page 11



wintertime. Some animals seem to be smarter and plan ahead better. For example, squirrels have developed the behavior to gather nuts over and above their dietary needs in the fall, bury them and then dig them up as needed. But, in the late winter when their cache of nuts is gone,

Environmental Focus



Firebrat Frustration

Barb Ogg
Extension Educator

Lots of folks are familiar with silverfish. These carrot-shaped nocturnal insects are small, gray to greenish in color with a metallic sheen. Many people first encounter silverfish when they find them in the morning in the bathtub or sink where they have fallen and cannot climb out. Silverfish have a close affinity for areas of high humidity and may be attracted to bathrooms and kitchens because of water sources in these rooms.

Firebrats are closely related to silverfish and have a very similar body shape. Instead of being silvery metallic, they are mottled gray to brown with patches of dark and light colors. Their name probably comes from the fact they are found in furnace rooms, fireplaces, insulation around hot-water and heat pipes, and other warm places. We are hearing about firebrat infestations in attics. Firebrats prefer temperatures around 100 degrees F—warmer than optimal temperatures for silverfish.

Both silverfish and firebrats feed on a variety of substances but love to eat starchy materials. They eat paste, glue (as in book bindings), starched cotton, linen, silk and rayon, cereals (especially wheat flour), and wallpaper paste and paper. When firebrats infest attics, they may feed on cellulose insulation.

During summer or winter months, people start calling our office complaining firebrats are crawling on the ceiling or walls in rooms below the attic. We believe there is a firebrat infestation in the attic and the firebrats are descending because the attic temperatures are too extreme and the living quarter temperatures are more to their liking. While the firebrats are probably not causing any real damage, their presence distresses many people. Unfortunately, it is not easy to control attic-infesting firebrats.

Because the infestation is in the attic, the attic should be treated. A major obstacle to getting a good treatment is that most houses have insulation in the attic—either fiberglass batting between the joists, or blown-in cellulose insulation—or both. With most insecticide

treatments, the insulation will prevent insecticide from reaching the firebrats that are living underneath it. The key is to apply the insecticide so the firebrats living under the insulation will come into contact with it.

Many people automatically think an insecticide bomb will work in this situation. However, an insecticide bomb is a total release aerosol that will control exposed insects, but does not

penetrate the insulation where the firebrats are living. Bombs just don't work in this situation and are a waste of time

and money. These types of over-the-counter bombs are not the same as a gas fumigation treatment which is quite dangerous and must be done by a pest control professional certified to apply fumigants.

Liquid insecticides also don't work very well for firebrats because the liquid soaks into the insulation and will not reach the firebrats. Dust formulations are the best option, but the dust must be put underneath the insulation for best success. This often means removing the insulation, dusting the area, and replacing it. This is likely to be a difficult, dirty, and time-consuming job. Even pest control professionals may have difficulty completely eradicating an attic firebrat infestation. So, we recommend folks who have this problem might try to tolerate an occasional firebrat in their living space. A vacuum cleaner is very effective in controlling individual firebrats.

Dust formulations, labeled for silverfish and firebrat control, can sometimes be purchased from a pest control supply business, but are not commonly found in hardware stores and other places most people shop for these products. However, these products are best used by professionals who have the skill and equipment to apply them. If a complete attic treatment cannot be done, efforts should focus on the areas around electrical fixtures and vents between the attic and the living quarters. When using any pesticidal product, including insecticides, it is important to always read and follow the label directions.

Not sure if you have silverfish or firebrats? Bring specimens to the Lancaster County Extension Office, and we will identify them for you. Or, call 402-441-7180 weekday mornings.

Number One Nuisance/Number One Clown

Soni Cochran
Extension Associate

• "We enjoy our Christmas lights and this year hung them in our trees. The squirrels are chewing through the lights and ruining our display."

• "The squirrels have taken all the stuffing out of my lawn furniture and have chewed our expensive awnings."

• "While our employees were inside working, the squirrels chewed through the electrical wires in the cars parked in the employee lot."

• "The squirrel I've been feeding on my apartment balcony has chewed through my patio door screen and is loose in my apartment."

What a love/hate relationship! A survey of the National Pest Control Association voted the tree squirrel as the number one nuisance animal in the United States. I believe it. Based on the number of calls we get at

the extension office, and the amount of caller frustration—squirrels have certainly had their share of run-ins with Lancaster County residents.

Squirrels damage trees, flowers, lawns, gardens, vehicles, and homes. They eat acorns, nuts, fruits, vegetables in gardens, and raid your expensive bird feeders. Squirrels can chew through homes and damage insulation and walls. Worse yet, they chew through electrical wiring in homes and vehicles, creating a fire hazard.

Yet, these clowns of the trees are fun to watch and add value to our enjoyment of backyard wildlife. They run, they chase, they dig, they seem to be able to fly through the air. I actually like to watch them torment dogs, cats, and my kids

See NUISANCE on page 11



• "I parked my RV on the street and the squirrels chewed through the electrical wiring. I paid \$800 to have it repaired. We drove the RV home, parked it on the street and the squirrels chewed through the wiring again!"

• "My kids carved jack-o-lanterns and the squirrels carried them away."

A REMINDER FOR INTERNET USERS:

Lancaster County Extension Office has a new, shorter home page address: www.lanco.unl.edu

Some shortcuts:

www.lanco.unl.edu/food

www.lanco.unl.edu/ag

www.lanco.unl.edu/enviro

www.lanco.unl.edu/nebline

www.lanco.unl.edu/hort

www.lanco.unl.edu/family

www.lanco.unl.edu/4h

www.lanco.unl.edu/contact



Farm Views

SNAP Hires Manager

Regular readers will recall that the Lancaster County Extension office has been assisting the Southeast Nebraska Area Producers (SNAP) marketing cooperative as it goes through its start-up phase. Periodic progress reports have appeared in the NebLine as SNAP has passed certain milestones. I am excited to report that SNAP has hired Roger Hammonds as General Manager beginning December 1, 2000.

Many Nebraska producers and seed company representatives will recognize Hammonds' name from his 25 year tenure with the Nebraska Crop Improvement Association. Precautions and procedures necessary for the production and handling of foundation and certified seed are very similar to those necessary for the production and handling of Identity Preserved (IP) grains. Roger's experience gives the SNAP cooperative a huge boost in terms of the expertise needed in this critical area. In addition to other duties, Roger will be working with SNAP members as they go through orientation and training on the production of IP grains and will be making site visits to evaluate members fields, equipment, and procedures for the 2001 crop year.

For more information about SNAP, please contact Tom Dorn, Extension Educator, 444 Cherrycreek Road, Lincoln, NE 68528, phone: 402-441-7180, or e-mail: tdorn1@unl.edu. (TD)



Feed is the largest expense of the beef cow/calf operation resulting in 55 to 65 percent of the total operation cost. Overfeeding increases costs. Inadequate feeding decreases animal performance and reduces profit potential.

Forage testing and ration balancing allows producers to develop a practical method to feed cows and calves a balanced, low-cost diet. The goal is to get the best performance possible with the feed resources available at the lowest cost.

The main advantage of testing and sorting feed for beef cow/calf operations is feeds can be targeted for their best use in the cow/calf enterprise. For example, on a spring-calving cow herd, a lower quality forage could be used during November and December, while animal

nutrient demand is lower. The lower quality roughage also generates more heat in the digestion process, and this will come in handy during a time when extra heat can be used.

Top quality feeds should be used near calving time for the cow to recover from calving, to produce milk for the calf, and so the cow is ready to be bred again.

Depending on location and needs, money also can be saved in such a situation as selling feed of higher value. In comparing average quality alfalfa to higher quality, if the average hay can sell for \$55 per ton and high quality, dairy quality, or alfalfa with an relative food value of 150 or higher at \$95/ton, then determine what feed is needed and how well it will do in the operation. Producers could sell some higher quality feed and buy back cheaper feed if the time is right.

When buying hay, producers need to be aware of quality factors and base the price on the

quality. Because one doesn't know how feeds will test until they are sampled, the most important things to test for are:

- Moisture content—Moisture is a measure of the amount of water in the feed. This is important, because moisture dilutes the concentration of all nutrients.

- Energy value—For beef cow rations, the test for energy is total digestible nutrients (TDN). This is most useful when formulating rations and determining supplements that may be needed.

- Protein value—Usually expressed as percent crude protein. If producers must supplement protein, this information can be used to determine the source of protein that's most economical. Buying soybean meal or using alfalfa as a protein source could be used so a more expensive substitute doesn't have to be bought somewhere else.

See TESTING on page 12

Private Pesticide Applicator Training

Persons who apply pesticides to fields, pastures, or other agricultural land, please read on.

Applicators who use, or supervise the use, of pesticides that are registered with the EPA as **restricted use** to produce an agricultural commodity on property he or she owns or rents, on an employer's property, or on the property of another person **IF** there is no compensation other than trading personal services, need to receive certification as a private pesticide applicator. (If you will be compensated for applying restricted use agricultural chemicals to another person's property. Or any pesticide, whether restricted use or general use, to lawns and landscape plants or for structural pest control, you will need to be certified as a commercial pesticide applicator). Certification can be obtained by participating in an approved training conducted through UNL Extension or by passing a written test administered by the Nebraska Department of Agriculture. Nearly all people elect the training option for private pesticide certification. There are two ways to receive certification training from UNL Extension, attending a training session or completing a home study course.

2001 Dates and Times for Private Pesticide Applicator Training in Lancaster County

Wednesday, January 17	9 a.m. - noon	repeated	1 - 4 p.m.
Friday, January 19	1 - 4 p.m.		
Saturday, January 20	9 a.m. - noon		
Thursday, March 15	1 p.m. - 4 p.m.	repeated	7 - 10 p.m.

There is a \$10 fee for Private Pesticide Applicator Training. Participants attending in Lancaster County will also receive one complementary copy of the 2001 Guide for Weed Management in Nebraska. Make checks payable to Lancaster County Extension. Participants don't need to pre-register, just come to the training session of your choice. Be on time. The training will likely take the full three hours allotted, so schedule accordingly. All training sessions will be conducted at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln.

Home Study Option

Persons desiring to become certified via the home study option need to pick up the study manual at the extension office, complete the test questions, and return it to the extension office where the tests will be graded. The applicant will then be allowed to fill out and sign a certification application form. There is a \$20 fee, payable when the book is picked up. The home study method of receiving certification can be done at any time throughout the year and there is no time limit for when the book must be returned. Most people can complete the home study course in three to four hours.

Regardless of the training method chosen, allow approximately four weeks for the application to be processed and the certification to be mailed to the applicant.

Computerized Financial Record Keeping



Lancaster County will present the very popular **Computerized Financial Record Keeping** workshop series this spring. This series of extension workshops has been held in various places in Nebraska for several years and in the Metro area since 1998.

The workshop series is divided into two parts: A beginning-level workshop which assumes no prior experience with computerized record keeping and an advanced-level workshop to build on the topics presented in the first workshop. The beginning-level workshop will be held on March 13; the advanced-level workshop on March 20. Both workshops will be held at the UNL Animal Science Building on East Campus in Lincoln.

The workshops will be presented in a hands-on teaching style with participants actually performing the tasks being demonstrated throughout the day. The concepts covered in the beginning level workshop include: Setting up and Starting Your Records; Developing a Chart of Accounts (categories) to Key Income and Expense Transactions to, Entering Single and Split Transactions, Generat-

ing Various Types of Reports, Organizing Transactions by Enterprise and Retrieving Profit/Loss Enterprise Reports, Handling Term Loans, and Reconciling Your Records with the Bank Statement.

The concepts covered in the advanced-level workshop include: Saving Time by Printing Checks on the Computer (which automatically makes the ledger entries), Handling Non-Cash Transactions (inventory shifted between enterprises), Handling Pre-Paid Expenses in a Cash Accounting System, Tying Transactions to Tax Schedules to Save Time on Tax Preparation, How to Handle Depreciation Schedules, Generating a Balance Sheet, Handling Lines of Credit, and Tracking Expenses That Cross Enterprise and Category Groups (such as expenses associated with a particular piece of equipment that may be used in multiple enterprises).

The concepts taught are applicable to any of several inexpensive computerized record keeping programs, with slight modifications in procedure. These workshops will be taught hands-on using Quicken 2001 Basic™ in the classroom. Step-by-step hand out materials covering each topic have been developed and are included in the registration fee.

A follow-up survey has been conducted following each workshop. The following comments are representative of those received: "I thought the entire class was very informative. I've been using Quicken for about three years and I learned a lot. There are many things that I didn't know about before

attending the class." "It has been very helpful to have written materials to use as guidelines when setting up the program at home."

A summary of evaluation surveys conducted over the past three years show the following results when participants were queried on specific topics:

- 83 percent said they had learned to keep a better (more complete) set of financial records.

- 94 percent said they expected to keep a more accurate set of financial records as a result of attending the workshop.

- 56 percent said they expect to save money on tax preparation.

- 39 percent indicated that they plan to use reports generated by the computer when applying for a loan in the future.

- 66 percent indicated they expect to be able to analyze which enterprises are most profitable (do enterprise analysis).

- 89 percent said they would recommend these workshops to others who are at the same level of experience as they were before attending.

Registration will be limited due to space and computer availability on a first-come, first-served basis. After the class is filled, a waiting list will be developed in case of a cancellation. If you are interested, please contact the extension office and ask to have a brochure and registration form sent to you. Each workshop will begin promptly at 9 a.m. and end at

See FINANCIAL on page 11

Starting Seedlings Indoors

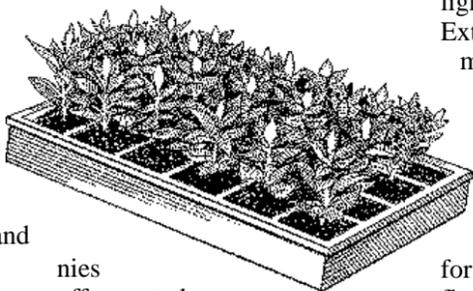
For many acreage gardeners, it's fun to get a head start on the upcoming garden season by starting seedlings indoors. Growing quality seedlings indoors requires high quality seeds, a well-drained, disease-free growing medium, containers, proper temperature and moisture conditions, and adequate light.

The growing medium should be porous and free of disease pathogens. Home gardeners can use commercially prepared soilless media, such as Jiffy Mix, or prepare their own by mixing equal parts garden soil, peat, and perlite. Homemade soil mixes should be prepared in the fall before the ground freezes and then stored in a plastic bag for use in winter. Homemade soil mixes should also be pasteurized before use. Pasteurization destroys weed seeds, insects, and disease pathogens in the soil mix. To pasteurize, lightly moisten the soil mix, place in a shallow baking pan, and bake in the oven at 180 degrees F for 30 minutes. Allow the soil mix to cool before using or storing in a plastic bag.

Various containers can be used to germinate and grow transplants. Gardeners can purchase flats, trays, pots, compressed peat pellets, and other commercial products. Cut-off milk cartons or plastic jugs, paper cups, and egg cartons can also be used to start seeds. Previously used flats, trays, and pots should be cleaned and disinfected before use. Wash the containers in soapy water, then disinfect them in a solution of one part chlorine bleach and nine parts water. Holes should be punched in the bottom of milk cartons, jugs, paper cups, and similar containers to allow for drainage.

The size of the seeds largely determines the type of container and sowing method. Fine seeds, such as begonias and petunias, are typically sown in flats or trays. After germination, the seedlings are transplanted into individual containers. Large seeds, such as marigolds and tomatoes, can also be germinated in flats. However, they are

often sown directly into individual containers, thereby eliminating the need to transplant the seedlings. (As a point of reference, there are approximately 2,000,000 begonia seeds per ounce, while there are 10,000 marigold seeds per ounce.) For ease of handling and planting, some seed compa-



nies offer coated or pelleted seeds. Pelleted seeds may be available for fine-seeded annuals, such as begonias, petunias, and impatiens.

When sowing seeds in flats or trays, fill the container with the growing medium to within 1/2 to one inch of the top. Firm the medium, water thoroughly, then allow it to drain. Fine seeds are usually dusted on the surface of the seedbed, then lightly pressed into the surface of the growing medium. Large seeds should be covered with growing medium to a thickness of one to two times their diameter. After sowing the seeds, water the medium by partially submersing the container in water. When the surface becomes wet, remove the container from the water and allow it to drain. Watering from below prevents the washing of seeds on the surface of the medium.

When sowing seeds into individual containers, plant two or three seeds per container (peat pots, pellets, soil blocks, etc.). Place the containers in a flat and water.

The correct indoor sowing dates for several popular flowers and vegetables in Nebraska are: late January—geranium; late February—impatiens and begonia; early March—cabbage, broccoli, and cauliflower; mid-March—pepper, eggplant, petunia, and salvia; late March—tomato, marigold, and zinnia; and early April—muskmelon, watermelon, squash, and cucumber. If unsure

of the sowing date, check the seed packet.

To insure a uniform moisture level during germination, cover the container with clear plastic wrap or place in a clear plastic bag. Poke a few holes in the plastic to allow for some air circulation.

Set the container in bright light, but out of direct sunlight. Extremely high temperatures may develop if the covered container is set in direct sunlight. These high temperatures may adversely affect germination. A medium temperature of 70 to 75 degrees F is adequate for the germination of most flowers and vegetables. Remove the plastic covering or bag as soon as germination occurs.

Once the seeds have germinated, move the seedlings to an area with slightly cooler temperatures and direct sun or place under fluorescent lights. Transplant the seedlings growing in flats into individual containers when the second pair of "true" leaves appear. Large-seeded plants that were sown two to three seeds per container should be thinned to one seedling per container. Destroy the weak seedlings by cutting them off with a razor blade.

Short, stocky, dark green seedlings are the best quality transplants. For best results, grow seedlings under fluorescent lights. It isn't necessary to have "grow lights" or a fancy light stand. A standard fluorescent shop fixture with two 40-watt tubes (one cool white and one warm white) works fine. The fluorescent lights should be no more than four to six inches above the plants. They should be lit 12 to 16 hours per day. Plants grown in a window often become tall and spindly because of inadequate light.

Thoroughly water the seedlings when the soil surface becomes dry to the touch. Fertilize weekly with a one-quarter strength houseplant fertilizer. Finally, harden or condition the seedlings outdoors for several days before planting them into the garden. (DJ)

Acreage Insights



Energy Information Goes Digital

By Shirley Niemeyer, Ph.D., specialist of the home/housing, NU/IANR

Flick a switch and we expect to see light. Most of us don't think about energy except when it's not there. The World Wide Web is an excellent place for information to raise consciousness about energy use and savings.

A range of consumer information is available on energy conservation at www.energystar.gov and www.comsumerinfo.org. The U.S. Department of Energy, www.eren.doe.gov, lists topics such as appliances; building design, materials, and codes; heating and cooling; electricity sources; energy audits; financing energy options; humidity, indoor air quality, and ventilation; vapor barriers; insulation and weatherization; landscaping; lighting; water heating; windows, doors,

and more. A question section provides consumers an opportunity to ask specific questions. A special section is available for children, www.eren.doe.gov/menus/search.html. Other information and the sites where they can be found are:

- Foundation and roofing: www.expa.gov/appdstar/roofing
- Vapor barriers: www.eren.doe.gov/buildings/wthr_sealing.html
- Energy Star Windows, Windows Collaboration Web: www.eren.doe.gov/RE/geo_heat_pumps.html
- Geothermal Heat Pumps: www.eren.doe.gov/RE/geo_heat_pumps.html
- Home Energy Saver Website: www.homeenergysaver.lbl.gov/
- Save Money and Energy—Consumer Federation of America: www.buyenergyefficient.org (DJ)

Check Before Flushing

Before buying a low flow toilet, consult with a professional plumber about existing water flow, venting, or plumbing. Most manufacturers have corrected earlier problems with the flushing action of water-saver toilets, and many newer models have been designed to flush even better than traditional models. A recent study of householders satisfaction with water-saving toilets indicated that stoppages or clogs were about the same as the traditional toilet models. One design even proposes to combine the toilet tank with a sink basin drain. The waste water from washing hands is used to flush the toilet. (DJ)



Energy Star Products Offer Energy, Environmental Savings

by Shirley Niemeyer, Ph.D., specialist of the home/housing, NU/IANR

The average American household energy bill is \$1,300 per year, but that will change as more and more households purchase Energy Star products.

Using the new federally-labeled products, home energy costs could go down by 30 percent. In addition, energy efficiency will increase 20-75 percent, thus contributing to a cleaner environment. The average household appliances, home office equipment, lamps, and heating and cooling equipment are responsible for more air pollution than the average car.

For example, even when they are turned off, standard televisions use energy to provide remote control or channel programming.

About 20 percent of all energy used in the United States is used in homes.

Energy Star is the label set by the U.S. Environmental Protection Agency and the U.S. Department of Energy for products meeting energy-efficient criteria. These products typically have the same or better features, price, and reliability than conventional models, but save money and the environment by using less energy when switched off. Improved energy efficiency also means saving

other resources, such as water. Only products meeting the higher efficiency guidelines are allowed to carry the Energy Star label.

The potential for achieving energy bill savings and reducing air pollution is estimated to be \$100 billion over 15 years if everyone invests in Energy Star labeled products instead of standard equipment.

For more information about Energy Star products and programs, call toll-free (888)782-7937 or check the World Wide Web at www.epa.gov/energystar.html. (DJ)



Good Hay is Valuable

Nutrient supplements give animals extra protein and energy, but they may be unnecessary—hay can take care of most nutrient requirements. Use a forage test to measure the hay's nutrient value. Separate the high-quality hay from the low-quality hay before moving it into winter storage. Good hay gives animals adequate protein and nutrients without supplementation. (DJ)



Food & Fitness



Alice Henneman, RD, LMNT, Extension Educator

Corn Chowder

This makes a comforting first course, or, with the addition of chicken or salmon, the centerpiece of dinner.

3 cups canned low-fat or fat-free chicken broth
 2 3/4 cups (16 ounces) lightly packed frozen hash brown potatoes, thawed
 1 (10 ounce) package frozen whole kernel corn
 1 cup chopped onion
 1 cup chopped green pepper
 1/2 cup finely chopped celery
 1/2 teaspoon dried thyme
 1 1/2 cups low-fat (1 percent) milk
 2 tablespoons all-purpose flour
 1/2 teaspoon salt
 1/4 teaspoon ground red pepper

Combine the first seven ingredients in a large saucepan, and bring to a boil over medium-high heat. Cover, reduce heat, and simmer for 20 minutes.

Using a slotted spoon, transfer 2 1/2 cups of the vegetable mixture to a food processor or blender. Process until smooth. Add the milk, flour, salt, and red pepper; process until blended. Add to the remaining vegetables in saucepan. Cook over medium heat until the soup is thick and bubbly, stirring frequently.

Serve immediately, or store in covered containers in refrigerator for up to 3 days, or in the freezer for up to 1 month.

YIELD: 8 servings of 1 cup each.

NUTRITIONAL INFORMATION PER SERVING. Calories: 140. Energy Density: 0.6. Carbohydrate: 27 g. Fat: 1 g. Protein: 6 g. Fiber: 3 g. Sodium: 416 mg. Good Source: Vitamin C.

MAIN DISH VARIATION. For each serving, add 3 ounces (about 2/3 cup) chopped cooked chicken breast (or white meat) or flaked canned salmon. This will increase the serving size to 2 cups. With chicken, calories: 275. With salmon, calories: 260.

REPRODUCED WITH PERMISSION FROM: Rolls, B. J. and Barnett, R. A. *Volumetrics: Feel Full on Fewer Calories.* HarperCollins Publishers, 2000. (AH)

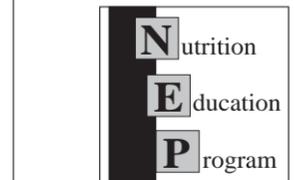
Lincoln/Lancaster Food and Hunger Coalition—Vital Link in Health Prevention

Safe, affordable, and nutritious food for limited resource families is a vital link in health prevention. The Lancaster County Food and Hunger Coalition provides a network for agencies and individuals to address local food security issues. Each meeting includes time for member agencies to share resources and challenges. This provides the opportunity to better serve the nutritional needs of local families.

Dr. Norm Leach, director of the Lincoln Interfaith Council annually compiles statistics addressing how many citizens access programs designed to combat hunger. "Although the economy is strong and the number of families receiving food stamps has declined, the number of families accessing food through pantries has increased. For example, a recent

survey of 20 major cities by the U.S. Conference of Mayors revealed in 1999 that requests for emergency food aid increased by 18% and feeding programs could not serve about 25% of the people who applied for them. During 1999, Lincoln Interfaith Council's city-wide Emergency Food Pantries System saw an increase of approximately 3% in the number of households receiving a seven-day Emergency Food Box—and a 49% increase in the number of households receiving Southeast Asian Rice Vouchers. A majority of people who don't have enough food to feed their families are the working poor. They don't earn a livable wage to provide the basics," says Dr. Leach. (For a copy of this report, call Norm at 474-4515.)

Lincoln Action Program, another member agency, provides compiles "Free Food—



Nutrition Education Program

for Limited Resource Families

Maureen Burson
 Extension Educator

Resources for Low-Income People." This brochure includes locations for free meals, nutritional information, free emergency baby formula, food maintenance, and supplemental food programs. Call Cheryl Haas, Food & Hunger Coalition chair, at 471-4848 for a copy.

Over 24 governmental and non-governmental human service agencies, all of whom are directly involved in food, hunger, and nutrition concerns are represented on the Coalition. Meetings in 2001 will be on Thursdays: February 8, April 12, June 7, August 9, October 11 and December 13. Meetings are 10:00 a.m. to noon and are held at member agencies. Please call Maureen Burson, 441-7180 if you would like more information. (MB)



Lincoln Medical Education Foundation Pathways families are awarded cookbooks upon NEP graduation.

Feel Full on Fewer Calories: an Interview With Dr. Barbara Rolls About Volumetrics-Part 1

Alice Henneman

MS, RD, Extension Educator

Volumetrics—an approach to eating that helps satisfy hunger with fewer calories—is cited in the December 2000 issue of "More" magazine as one of the hot new things for 2001.

The term Volumetrics is used by Barbara Rolls, Ph.D., Guthrie Chair of Nutrition at Penn State and former president of the North American Association for the Study of Obesity, and award-winning journalist Robert A. Barnett in their book, *Volumetrics: Feel Full on Fewer Calories*. (NOTE: the newly published paperback edition is titled *The Volumetrics Weight-Control Plan: Feel Full on Fewer Calories*).

Is Volumetrics the next big thing? Here's Part One of an interview with Dr. Rolls to help you learn more about Volumetrics so you can decide for yourself. And this month's

Healthy Eating recipe give a Volumetric-type recipe for you to enjoy. The February Nebline will include Part Two of the interview and a second recipe from Dr. Roll's book.

An Interview with Dr. Rolls

(NOTE: The following information is as information for general healthy eating. It should not be considered a substitute for seeking dietary advice from your own health care provider.)

AH: What is Volumetrics and how does it help control weight?

DR. ROLLS: Volumetrics is a weight management plan based on research related to satiety. It's about how different foods affect hunger and how full you feel.

Volumetrics gets you thinking about the volume or portion size of foods you need to eat to feel satisfied. Many people feel they have to eat little tiny portions to lose weight or to maintain their weight at an

acceptable level. But, when they do that, they feel hungry.

A core concept of the book is the amount of calories in a given weight of food (calories per gram) or the "energy density." When left to their own devices, people choose a fairly constant portion of foods from day to day. Volumetrics is based on maintaining the usual amount of food you eat yet lowering the calories in each portion so you can consume fewer calories yet feel just as full.

Fat raises the energy density of foods but water is also important because it adds weight and volume but no calories. That's why fruits and vegetables, which are high in water, are the main players. Volumetrics really leads you to the foods you should be eating anyway and explains how they can help control our caloric intake. Soup can also play an important role in helping with satiety -- we include a whole

chapter on soup in the book.

NOTE: Here's an example from Dr. Rolls' book of how you can use the energy density of foods to help you feel full on fewer calories. Suppose you wanted a filling snack and had the choice of a tomato or pretzels. You could eat an entire medium tomato for 25 calories. For the same 25 calories, you could eat only 4 or 5 tiny pretzel sticks. That doesn't mean you should never eat pretzels, just that they're easy to overeat.

The volume is important as well as the energy density. In general, portions that weigh more are bigger in volume. We experimented with strawberry smoothies in our lab and added different amounts of air, simply affecting the volume and not the weight or energy density. We

found that the bigger the smoothie that people drank a half-hour before lunch, the less they ate at lunch. They also didn't make up for the calories later in the day. My student, Dr. Elizabeth Bell, reported a study recently at the annual meeting of the North American Association for the Study of Obesity that indicates that foods that look bigger in volume and with irregular shapes that fill the bowl more also can affect satiety.

Water, though, is a bigger player than air. There are a lot more ways you can add water or water-rich fruits and vegetables to foods than there are things you can do with air.

NOTE: Dr. Rolls doesn't recommend you fill up on lots of airy foods. This could lead to a stomachache and you'd probably burp a lot!

Clarice's Column

Clarice Steffens
FCE Council Chair



January 2001!
It seems like only yesterday when we were hearing all the terrible

things that could happen as the year 2000 rolled around. Fortunately, the coming of the New Year was quite uneventful and the remaining months passed quickly until we came to November and the election. By the time you read this, I hope we will know who our President is!

The January Council meeting will be January 22 at noon. The county officers will host lunch and a craft project in addition to our regular meeting. The cost is \$7.50 for lunch and the craft supplies. Be sure to call

Pam at the extension office to make your reservation.

So you can mark your calendars in advance, this will be the schedule for the remainder of the year.

March 26—Council Meeting

June 25—Council Meeting
July 10—Sizzling Summer Sampler

September 24—Council Meeting

October 23—Achievement Night

Don't forget everyone is welcome at these meetings.

Once again, our concern for FCE is membership decline. Many of the NEBLINE readers are ex-FCE members. How about a New Year's goal of becoming a member by reorganizing your club or starting a new club and be a part of FCE. We really don't

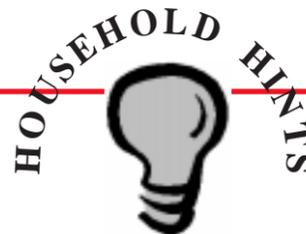
use much of your time and although dues are more than they once were, they are still less than what it would cost for two people to eat out just once in 2001!

It's not too early to be thinking about an entry in the Heritage Skills Contest. This year the categories are sculpture, fiber arts, ceramics, pottery, and porcelain. Entries will be due on the county end in March.

And while you are thinking about making plans, the state convention will be in Kearney on August 16 and 17. The convention will have a new look for 2001. Activities will begin Thursday at 5 p.m. at the Archway Monuments and continue with activities all day on the 17. More information will be made available later.

May 2001 be a year of peace and joy for each of you!

Family Living



by Lorene Bartos, Extension Educator

Make a New Year's Resolution to:

- include all family members in doing household tasks.
- check the house for repairs—make a list and complete a task each month.
- keep the home orderly and organized by putting things back in their place after use.
- have a Happy New Year. (LB)

FCE News

FCE Leader Training Lessons

The February FCE leader training lesson will be given Tuesday, January 23, 1 p.m. Lorene Bartos, extension educator, will present the lesson, Safe Surfing.Com. This lesson will help make your internet connections a positive experience. You will learn how to take steps towards safety and security while finding good resources for your family.

The March FCE leader training lesson will be given Tuesday, February 27, 1 p.m. Lori Warner, marketing manager with the Popcorn Board, and Lorene Bartos, extension educator, will present the lesson on Popcorn. This lesson will cover the nutrition, history, family fun activities, and other uses of popcorn. Quick and easy popcorn recipes will be shared.

Non-FCE members interested in attending should pre-register by calling Pam at 441-7180 a week before the lesson so materials can be prepared. (LB)

FCE Council Meeting

The January FCE Council meeting will be Monday, January 22 at noon. The council officers will prepare lunch. A craft activity will follow the business meeting. The cost for the meal and craft supplies is \$7.50. Please call 441-7180 to preregister. All FCE members are invited to attend and join in the fun. (LB)

We Need Tutors!

We have a great volunteer opportunity for you! A new tutoring group in Lincoln needs volunteers to tutor youth. The group meets at the Woodbridge Apartments Clubhouse on Tuesdays, 3:30-5 p.m. If you are interested in helping, contact Suzanne Spomer at 441-7180 or e-mail: sspomer2@unl.edu. This is a great way to reach out and serve your community! (SS)

Your children are not your children
They are the sons and daughters of life's longing for itself.
They came through you, but not from you
And, though they are with you, yet they belong not to you.
You may give them your love, but not your thoughts.
For they have their own thoughts.
You may house their bodies but not their souls,
For their souls dwell in the house of tomorrow,
Which you cannot visit, not even in your dreams.
You may strive to be like them, but seek not to make them like you.
—K. Gibran. The Prophet

Healthy Families—Healthy Communities Video-Conference

The challenges facing families can sometimes appear overwhelming. Society, as a whole, seeks policy options that support and care about families, build on family strengths, and support them. Increasingly, elected and appointed officials seek research results which will help them make more informed decisions concerning policies designed to empower individuals, strengthen families, and improve community vitality.

The Healthy Families, Healthy Communities video-

conference (see details elsewhere on this page) is designed to:

Highlight current research and outreach efforts, build supportive policies, and engage communities around issues related to the well-being of children, youth, and families.

Share success stories that put research into practice and build community, state, or national policy.

Featured speakers include: John DeFrain, Professor of Family and Consumer Sciences,

University of Nebraska

Esther Devall, Associate Professor of Family and Consumer Sciences, New Mexico State University

William Doherty, Professor of Family Social Science, University of Minnesota

James Garbarino, Co-Director, Family Life Development Center, Cornell University

No prior registration is required, just plan to come. For more information, call LaDeane at 441-7180. (LJ)

What Can You Expect From Your Six- to Nine-Year-Old?

Six- to nine-year-olds are developing physically and cognitively at a rapid rate. It is wise for parents to be aware of changes their children are experiencing so they can be understanding of their child's feelings and encourage age appropriate learning.

Physical development changes include increases in muscle size and strength, flexibility, balance, force, and agility. Children's reaction time increases so they may seem more alert. Six- to nine-year-olds add two to three inches and five pounds each year to their frame. The lower portion of the body is growing the fastest so your child may appear "long-legged." At this age, girls are still shorter and lighter than boys. Permanent teeth are replacing primary teeth. A concern parents should be aware of is obesity. A person is considered obese when their weight is greater

than 20 percent of what their average should be. Children will gain weight gradually while they are growing, but be aware of excessive weight gain. Provide healthy snacks for your children and make sure they are getting enough exercise.

Six- to nine-year-olds experience many cognitive changes including gaining more control of their emotions and attention, more stability in IQ level, and fewer egocentric thoughts. They require less time to process information. Vocabulary, grammar, reading skills, and writing skills all improve. This is a good age for children to learn another language because they absorb more of what they learn and their memory capacity increases. They learn strategies for memorizing organized information into meaningful chunks to retain what they have learned. At this age the use of logical reasoning also becomes possible. (SS)

Healthy Families—Healthy Communities Video-Conference

What: A national satellite video-conference originating from Cornell University

When: Thursday, February 1, 2001

Time: 1-3 p.m. CST

Where: Lancaster County Extension Office
444 Cherrycreek Road

Audience: Decision-makers who are interested in children, family, and community issues; elected and appointed individuals; judges and law enforcement personnel; community leaders; professionals who work with children, youth, and families.

Focus of conference: Family Strengths, Quality Child Experiences, Engaged Parents, Reducing Violence. (LB)



4-H & Youth

4-H Bulletin Board

- Sunday, February 11, 4-H Teen Council Meeting, 3-5 p.m. All interested teens are invited. (TK)
- Sunday, February 11, 4-H Ambassadors, 2 p.m. (LB)

4-H Speech Workshop

Come one...Come all...to the 2001 4-H Speech Workshop, Sunday, February 11, 6-7:30 p.m. This workshop will help all ages of 4-H members to write and deliver speeches and public service announcements. Parents and leaders are encouraged to attend, to find out more about the contest, and to become prepared to assist the youth in their development. We hope to see you there! (DK/TK)



Beef Weigh-In

Beef weigh-in will be held Saturday, February 3, 8-11 a.m. at State Fair Park in the beef arena. Help will be needed to set up panels from 8-9 a.m. If you have any questions, give Deanna a call at 441-7180. (DK)

Free Chicks!

We will be hatching baby chickens in Lancaster County third-grade classrooms the weeks of February 13, March 20 and May 22. If you would like to receive some of these free chicks please call our office at 441-7180 and ask for Ellen. (EK)



4-H Club Officer Training

All 4-H members are encouraged to attend officer training. Everyone will discover how to conduct a meeting and use parliamentary procedure. 4-H members will have an opportunity to participate in a mock meeting. (TK/DK)
Saturday, February 24, 9:30-11 a.m.
444 Cherrycreek Road, Lincoln

Livestock Members Needed!

Clubs are looking for new members! If you know anyone who may be interested in joining or learning more about the Lancaster County livestock program, please contact Deanna at 441-7180. (DK)

4-H Achievement/Activities—What's It All About?

4-H members will be recognized for their achievements Tuesday, February 6, 7 p.m. County awards, Outstanding 4-H Members, I Dare You and Meritorious Service awards will be presented.

There will be presentations and displays of activities that have taken place throughout the year. Come see a demonstration, dance and song groups, judging, speeches, and more!

This is an opportunity for all clubs, new or established, to see what opportunities 4-H has to offer and how members, leaders, and parents can participate.

Come join the 4-H Council in recognizing 4-H members for a job well done. (TK)

2001 4-H Calendar

(all events located at the Lancaster Extension Education Center unless otherwise noted)

January

2	Council Meeting	7 p.m.
7	Ambassador Meeting	2 p.m.
7	Teen Council Meeting	3-5 p.m.
8	Shooting Sports Club Meeting	7 p.m.
9	CWF Meeting	7 p.m.
10	Horse VIPS Meeting	7 p.m.
11	Rabbit VIPS Meeting	7 p.m.
11	Cat Club Meeting	7 p.m.
12	Extension Board Meeting	8 a.m.
12-13	Lock-in	8 p.m.-8 a.m.
13	Horse Roping Clinic, Frink's Arena, 5505 NW 112	1 p.m.
16	Livestock VIPS	7 p.m.
18	Fair Board Meeting	7:30 p.m.
23	Chess Club Meeting	7 p.m.
23	Pet Pals Club Meeting	7 p.m.

February

3	Cattle Weigh-In—State Fair Park	8-11 a.m.
6	Council	6:15 p.m.
6	Achievement/Activities-What's It All About?	7 p.m.
7	Horse VIPS Meeting	7 p.m.
8	Cat Club Meeting	7 p.m.
8	Rabbit VIPS Meeting	7 p.m.
9	Extension Board Meeting	8 a.m.
10-11	Horsin' Around Clinic— <i>Animal Science Complex, East Campus</i>	
11	Ambassador Meeting	2 p.m.
11	Teen Council Meeting	3-5 p.m.
11	Speech Workshop	6-7:30 p.m.
12	Shooting Sports Meeting	7 p.m.
13	New Leader Training	9:30 a.m. or 7 p.m.
15	Fair Board Meeting	7:30 p.m.
24	Officer Training Workshop	9:30-11 a.m.
27	Pet Pals Club Meeting	7 p.m.

March

2-4	Nebraska Horse Expo	<i>Event Center</i>
6	Council Meeting	7 p.m.
7	Small Animal VIPS Meeting	7 p.m.
8	Cat Club Meeting	7 p.m.
8	Rabbit VIPS Meeting	7 p.m.
9	Extension Board Meeting	10 a.m.
9	Speech Contest Entries Due	
11	Ambassador Meeting	2 p.m.
11	Teen Council Meeting	3-5 p.m.
12	Shooting Sports Meeting	7-9 p.m.
13	New Leader Training	9:30 a.m. or 7 p.m.
14	Horse VIPS Meeting	7 p.m.
15	Fair Board Meeting	7 p.m.
15-18	Kansas City Conference— <i>Kansas City, MO</i>	
18	Speech Contest— <i>State Capitol</i>	1:30 p.m.
22	earth wellness festival — <i>Southeast Community College, Lincoln, NE</i> ,	9 a.m.-4 p.m.
27	Pet Pals Club Meeting	7 p.m.
29	Rabbit Clinic	7-9 p.m.
30	Be a Better Gardener Pre-registration Deadline	
30-31	Leader Forum, Columbus	
31	Spring Rabbit Show, Lancaster Building	

April

1	Market Beef I.D.'s for State Fair, Ak-Sar-Ben & American Royal Due	
1	Ambassador Meeting	2 p.m.
1	Teen Council Meeting	3-5 p.m.
3	Council Meeting	7 p.m.
9	Shooting Sports Club Meeting	7-9 p.m.
10	CWF Meeting	7 p.m.
11	Horse VIPS Meeting	7 p.m.
12	Rabbit VIPS Meeting	7 p.m.
12	Cat Club	7 p.m.
13	Extension Board Meeting	8 a.m.
TBA	Invitational Cat Workshop	9 a.m.-4 p.m.
19	Fair Board Meeting	7:30 p.m.
21	Kiwanis Karnival— <i>State Fair Park</i>	7 p.m.
21	PASE Livestock Judging/PQA... <i>Animal Science Building</i>	
28	Record/Awards Books Workshop	9:30-11 a.m.
29	Music Contest— <i>Dawes School</i>	2 p.m.
30	Leader Workshop	9:30 a.m. or 7 p.m.

May

1	Council Meeting	7 p.m.
9	Horse VIPS Meeting	7 p.m.
10	Cat Club Meeting	7 p.m.
10	Rabbit VIPS Meeting	7 p.m.
11	Extension Board Meeting	10 a.m.
15	PQA Certification	7 p.m.
17	Fair Board Meeting	7:30 p.m.
18	District & State Horse ID's, Level Tests & Entries Due	
19	Lamb Tagging & Weigh In Day— <i>State Fair Park</i>	9-11:30 a.m.
22	Pet Pals	7 p.m.
24	How to Exhibit Leader Training	9:30 a.m. or 7 p.m.

June

1	Project Enrollment Deadline	
1	Horse I.D. Deadline	
8	Extension Board Meeting	8 a.m.
12	Council Meeting	7 p.m.
12	Practice Family & Consumer Science Judging	1 p.m.

12	Pak ID Horse Judging, Elkhorn	7 p.m.
13	Practice Demonstration,	2:30 p.m.
12-15	Clover College	
13	Horse VIPS Meeting,	7 p.m.
13	Practice Family & Consumer Science Judging	1 p.m.
14	Rabbit VIPS Meeting	7 p.m.
14	Cat Club,	7 p.m.
15	Beef, Swine, Dairy Cattle, Goat, Llama, Rabbit & Sheep I.D.'s Due	
19-22	District Horse Shows—West	
21	Fair Board Meeting,	7:30 p.m.
26-29	District Horse Shows—East	
26	Pet Pals Club Meeting	7 p.m.
27	District Horse Show, Lancaster Event Center	9 a.m.
27-29	ExpoVisions	
July		
3	Council Meeting—Event Center	7 p.m.
6	All Animal Entries for Lancaster County Fair Due	
8	Teen Council Meeting	3-5 p.m.
11	Horticulture Contest Workshop	2 p.m.
11	Horse VIPS Meeting,	7 p.m.
11	PQA Training	7 p.m.
12	Rabbit VIPS Meeting,	7 p.m.
13	Extension Board Meeting	8 a.m.
15-19	State Horse Expo—Grand Island	
18	Horticulture, Grass & Weed I.D., Tree I.D. Contests	10 a.m.-noon
18	Family Consumer Science Judging	1 p.m.
19	Fair Board Meeting,	7 p.m.
20	Demonstration Contest	
TBA	County Fair Horse Show Pre-Fair Briefing,	
26	Style Revue Judging—First Lutheran Church	
27	Food Booth Training—Event Center	6:30 p.m.
31	County Fair Horse Show	
28	Fair Superintendent Meeting	7 p.m.
30	Entry Day for L.C.F. Static, Event Center	4-8 p.m.
31	County Fair Judging Day for Static Exhibits	
31	Lancaster County Fair Opens—Event Center	
August		
1-5	Lancaster County Fair—Event Center	
1	Beef Weigh-in—Event Center	
5	All Animals Released—Event Center	4-6 p.m.
6	Ak-Sar-Ben Entries Due	
9	Cat Club Meeting	7 p.m.
10	Extension Board Meeting	8 a.m.
15	Superintendent's Dinner	7 p.m.
17	Fair Board Meeting	7 p.m.
20	Livestock VIPS Meeting (fair review)	7 p.m.
22	State Fair Entry Day—State Fair Park, Lincoln, NE	
23	State Fair Judging Day—State Fair Park, Lincoln	
August 24-September 3	Nebraska State Fair—Lincoln	
28	Pet Pals Club Meeting	7 p.m.
September		
4	Council Meeting	7 p.m.
9	Ambassador Meeting	2 p.m.
9	Teen Council Meeting	3-5 p.m.
10	Open House	6:30-8:30 p.m.
12	Horse VIPS Meeting	7 p.m.
13	Rabbit VIPS Meeting	7 p.m.
13	Cat Club Meeting	7 p.m.
14	Extension Board Meeting	8 a.m.
	Fair's Over-Now What? Leader Training	
19-23	Ak-Sar-Ben, Omaha	
20	Fair Board Meeting	7:30 p.m.
25	Pet Pals Club Meeting	7 p.m.
October		
2	Council Meeting	7 p.m.
7-13	National 4-H Week	
9	CWF	7 p.m.
10	Horse VIPS Meeting	7 p.m.
11	Rabbit VIPS Meeting	7 p.m.
11	Cat Club	7 p.m.
12	Extension Board	8 a.m.
14	Ambassador Meeting	2 p.m.
14	Teen Council Meeting	3-5 p.m.
18	Fair Board Meeting	7:30 p.m.
19-22	North Central Regional 4-H Forum	
23	Pet Pals Club Meeting	7 p.m.
November		
6	Council Meeting	7 p.m.
8	Rabbit VIPS Meeting	7 p.m.
8	Cat Club Meeting	7 p.m.
9	Extension Board Meeting	8 a.m.
12	Teen Council Meeting	3-5 p.m.
12	Ambassadors	2 p.m.
14	Horse VIPS Meeting	7 p.m.
15	Fair Board Meeting	7:30 p.m.
27	Pet Pals Club Meeting	7 p.m.
December		
4	Council Meeting	7 p.m.
9	Ambassador Meeting	2 p.m.
10	Teen Council Meeting	3-5 p.m.
13	Cat Club Meeting	7 p.m.
14	Extension Board Meeting	8 a.m.

4-H & Youth



HORSE BITS

Nebraska Horse Expo

The Nebraska Horse Council will be hosting a Nebraska Horse Expo March 2, 12-9 p.m., and March 3-4, 8:30 a.m.-9 p.m., at the Lancaster Event Center, 84th and Havelock. The show will include a commercial trade show, educational seminars, and a variety of exhibitions. Nationally known clinicians Lynn Palm, Cleve Wells, and Bryan Neubert will be doing exhibitions of cutting, reining, polo, driving, hunt, dressage, and other disciplines.

The fee will be \$7.00 per day for adults or \$18.00 for a three-day pass, children 7 thru 15 is \$4.00 per day or \$10.00 for a three-day pass. Children 6 and under are free.

Proceeds from this event will be offered as grants for educational equestrian events, competitions, therapeutic riding, trail development, and for individual scholarships.

Horsin' Around Horse Clinic

Remember to register for the Horsin' Around Horse Clinic which will be on February 10 and 11, 9 a.m.-4:30 p.m. at the UNL Animal Science Complex. The featured trainer this year is Scott McCutchin who is a premier reining horse trainer.

For information or registration form, please call Ellen at 441-7180.

Roping Clinic

There will be a Roping Clinic held on January 13, 1 p.m., at the Brad and Susan Frink arena, 5505 NW 112th, Lincoln. Whether you're an experienced roper or would like to learn the basics, please feel free to attend this clinic. Cliff Herman will present and the youth will be assisted by the College Roping Team.

Call Ellen at 441-7180 if you have questions.

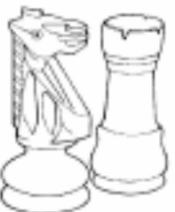
4-H Leader Training

Tuesday, February 13
9:30 a.m. or 7 p.m.

New and reorganizing leaders are invited to attend this 4-H leader training to assist you in 4-H club management, activities, and projects. Please bring your questions, concerns, success stories, and 4-H parents. (TK)

4-H Chess Club

The 4-H Chess Club organizational meeting will be held Tuesday, January 23, 7 p.m. All interested youth and their parents are invited to attend. Club goals, meeting schedule, officers, and names will be the topics covered at this meeting. For more information, call Lorene at 441-7180.



4-H Volunteer Forum

The Nebraska State 4-H Volunteer Forum will be held February 2 and 3, 2001 in North Platte and March 30 and 31, 2001 in Columbus. This forum is a conference developed by a committee of 4-H volunteers from across the state. Network with other 4-H leaders, exchange successful 4-H programs among 4-H leaders, and be introduced to new areas and projects. There will be numerous workshops, hands-on learning experiences, and new ideas and programs designed to enhance your club. Anyone interested in 4-H is welcome to attend. Scholarships are available through the 4-H Council. For more information, please contact Tracy at 441-7180. (TK)



Community Focus

Tax Assistance

Free tax assistance will be available in Lincoln and other cities across Nebraska through the VITA (Volunteer Income Tax Assistance) program. Most libraries, senior centers, and community centers will be providing this free community service. In Lincoln, the YWCA, Salvation Army, Cristo Rey Center, and East Park Plaza Shopping Center will be participating in the VITA program. VITA will also be offering free electronic filing at some of the locations. This federally funded program is an excellent opportunity for free assistance with your federal and state tax questions and filing of returns. Details regarding times and locations for the Volunteer Income Tax Assistance program will be listed in the February NEBLINE. (GB)



Farmer's Tax Guide

Copies of the Internal Revenue Service, Farmer's Tax Guide for use in preparing 2000 Returns (publication 225) are available at the extension office. (GB)

Get forms and other information faster and easier by:

Computer • www.irs.gov or
FTP • [ftp.irs.gov](ftp://ftp.irs.gov)

FAX • 703-368-9694 (from your fax machine)

Lancaster Extension to Host Workshop on Grant Writing...Five-Day Workshop to Study Application Process

The Lancaster County Extension office will host The Grantsmanship Center's renowned Grantsmanship Training Program June 25-29, 2001. Plan to incorporate this professional development opportunity into your annual work calendar!

This intense, five-day workshop, conducted by The Grantsmanship Center (TGCI), provides both novice and experienced grant seekers with an opportunity to develop and polish the skill they need to

compete for limited resources in a changing environment. The training will combine personalized instruction with practical exercises and will take the participants step-by-step through all stages of writing a grant proposal. Workshop graduates will have access to free follow-up support including proposal review/critiques and on-line services.

The Grantsmanship Center is the world's oldest and largest training organization for the

non-profit sector. It has trained more than 70,000 staff members of public and private agencies since 1972.

Cost for this workshop is \$675. To insure personal instruction, registration is limited to 25 participants. For more information, contact Extension Educator Gary C. Bergman, or call the Grantsmanship Center at (213) 482-9860, or visit the The Grantsmanship Center website at www.tgci.com



"Training involves practical hands-on learning and discussion."

Husker Feed Grains & Soybean Conference Set for Jan. 17-18, 2001 Governor Johanns to Join Farm Bill 2002 Session

Husker Feed Grains and Soybean Conference has announced the 15th annual convention will be held in Lincoln at the new Embassy Suites. Dates for Nebraska's premier agricultural conference are Wednesday, January 17 and Thursday, January 18.

"We're excited about returning the 2001 Conference to Lincoln," noted Doug Nagel of Davey, chairman of the conference's planning committee. "The theme for the convention is *2001: An Ag Odyssey*. In keeping with the theme, every effort has been made to develop a diverse program—with information that producers can apply to their personal farming operations."

In one of his first public appearances as the new vice chancellor at the University's Institute of Agriculture and Natural Resources, Dr. John Owens will open the conference at 9 a.m. on Wednesday, January 17.

At 10 a.m., well-known marketing expert, Richard Brock, will take the stage. Brock

authors "The Brock Report"—a weekly newsletter that details commodity pricing analysis and recommendations. He also appears twice weekly on the early morning television show "AgDay" and is currently writing a marketing column for "Soybean Digest."

Rounding out the morning of marketing advice will be Dr. Steve Johnson of Iowa State University. Steve's luncheon address will focus on the need for farmers to have perseverance and a positive attitude in order to survive and thrive.

Nagel noted, "Wednesday afternoon will be dedicated to Tech Training Sessions. Six agribusiness companies will share information on utilizing your computer and the Internet to connect to profitability." The sessions will repeat at 45-minute intervals, providing attendees the opportunity to attend four different breakouts. Companies represented during the sessions include: E-Markets, mPower3, SSTDEV, Rooster.com, VantagePoint, Data Transmission Network (DTN), and

xsAg.com.

"Thursday morning, conference attendees will welcome Governor Mike Johanns as a participant in a question and answer session on the 2002 Farm Bill," Nagel continued. "We appreciate the Governor taking time to interact with our farmers about farm policy." Joining Governor Johanns on the panel will be representatives of the National Corn Growers, National Grain Sorghum Producers, and American Soybean Associations. The panel will be moderated by Dr. Roy Frederick of the University of Nebraska.

Producer association meetings and policy development sessions will round out Thursday morning. The awards luncheon speaker will be Bob Farmer of the "Old Farmer's Almanac." Bob has been compared to Garrison Keillor and comedian Jerry Clower.

The 2001 conference will conclude with the presentation of service-to-industry awards by the corn, grain sorghum, and

See CONFERENCE on page 12

It's a "GRAND" Celebration!

Join in on the "GRAND OPENING" of the Lancaster Event Center

84 & Havelock
Lincoln, Nebraska
Saturday, January 27, 2001
7 p.m.

Entertainment provided by:

Rascal Flats
Clark Family Experience
High Caliber
Tickets: \$10

Purchase your tickets at one of the these locations: Branched Oak Inn (Malcolm), Tractor Supply Store (Beatrice), Jones National Bank (Seward), and Gateway Western Store and The Fort in Lincoln.

Tickets are also available at the fair office—call 441-6545. No reserved seating.

Extension Board Members Appointed

The Lancaster County Board recently appointed Alice Doane, Wayne Heyen, Jay H. Wilkinson to the Cooperative Extension Board through January 2004. This represents a second-term appointment for Alice Doane and Wayne Heyen. Deb Arends was appointed to complete the term of Dale Kabes who resigned due to a move to Central City, Nebraska. Arends term will expire in January 2002. Outgoing board member Jessie Doak was recently recognized for her contribution to extension.

The Extension Board provides program direction for UNL Cooperative Extension in Lancaster County. (GB)

INTERVIEW

continued from page 6

AH: You mentioned several nutritional factors in your book that affect the energy density of foods and how well the foods will satisfy hunger. Fat, fiber and water were cited as having some of the greatest influence. Would you comment briefly on these? Can a person just drink large amounts of water to satisfy hunger?

DR. ROLLS: A number of labs are plotting out the influence of different elements of foods on energy density. Water has the most influence, then fat. But, fat's influence isn't as great as that of water. A gram of fiber and a gram of water can have the same influence, but there's a limit to how much fiber you can add or you'll get a pretty big gastrointestinal disturbance. The upper range for fiber is somewhere around 30 grams though some people might be able to go higher. You can add 500 grams of water easily and that's going to have a much bigger impact. When you do add fiber, it's best to get it from food.

I've heard anecdotal stories about how drinking water could influence satiety. However, I haven't found any systematic data in the scientific literature that shows that drinking lots of water controls hunger or has any impact on weight loss. In our studies, drinking water didn't have an impact, but incorporating the water into the food (i.e. eating water-rich foods like soup, pasta with vegetables, etc.) did have an impact on satiety and food intake.

One challenge when talking about liquids is: When is a liquid considered a food and when is it considered a drink? Various liquids are processed by different mechanisms in the body. The hunger and thirst mechanisms are quite separate. A soft drink will trigger thirst mechanisms, not hunger mechanisms, and add calories without satisfying hunger. You may end up consuming more total calories than if you didn't take the drink.

Milk-based drinks and drinks with some protein will influence hunger mechanisms. In our lab, we found that milk-based drinks help people feel full and eat less at the next meal.

I think a lot of people take in way too many calories from sugar-sweetened beverages. I tell people that if they're trying to lose weight, in some degree they're lucky if they're getting a lot of calories from soft drinks because it's an easy habit to change. There are a lot of good substitutes for caloric soft drinks. It's a pretty easy way to reduce your calorie intake.

It's much better in terms of satiety to eat whole fruit, which has more fiber and offers more satisfaction in chewing, than fruit juice. There have been studies done that show you will feel more satiated with whole fruit than juice.

If you're thirsty, water is the best choice for quenching thirst followed by calorie-free or low-calorie beverages.

AH: In your book, you state that the Volumetrics approach is consistent with the

Food Guide Pyramid. What are some food choices from each Pyramid food group that would make meals more Volumetric and help a person concerned with weight management? What about beverages and soups?

DR. ROLLS: Some types of foods that would make meals more volumetric include:

■ **Bread, Cereal, Rice and Pasta Group:** You would choose foods that have more fiber, complex carbohydrates and water. You would want less of the dry crackers, pretzels and so on; they're very easy to overeat. Go for such foods such as high fiber breakfast cereals, higher fiber content breads. These are the most nutritious choices, anyway. Go for your brown rice rather than white rice. Anytime you can choose a food that has a higher fiber content and a higher water content, that's the better choice.

■ **Fruits and Vegetables:**

NOTE: Dr. Rolls includes charts in the book for each of the food groups. For example, you could eat ONE CUP of bran flakes for 98 calories. To keep calories to a similar level, you would be limited to ONE-FOURTH cup of regular granola for 110 calories.

Almost all foods from this group can be eaten in unlimited quantities. Go for the hydrated ones rather than dry ones so you get more satiety, grapes rather than raisins. Make good varied choices. Find ones you really enjoy so you find an eating pattern you stick to because you like the foods you're choosing.

We suggest people try new fruits and vegetables. Try cooking them different ways so you can maintain your interest. Most people are not eating enough from these two groups. Many people are getting a big hunk of their vegetable group from French fries. Cut back on eating fried vegetables and save the fat for healthy nuts or a piece of chocolate rather than drenching your veggies in fat.

■ **Milk, Yogurt and Cheese**

NOTE: Dr. Rolls' book gives several tips for including more fruits and vegetables in your meals. Also, you'll learn that all fruits and vegetables are OK to eat -- you just need to be aware of overeating some, such as dried fruits, which have less volume than their hydrated counterparts. Or, fried vegetables which pack more calories into the same volume as those prepared without fat.

Group. Go for the lower fat versions. For example, if you choose skim milk over whole milk, you get a portion that's twice as big for the calories. Or, if you had the same portion, you'd take in half the calories. Also, you get less saturated fat so it's not a bad thing to go for the lower fat versions as that's not a healthy kind of fat.

■ **Meat, Poultry, Fish, Legumes, Eggs and Nuts Group.** Choose lower fat forms. For example, include leaner meats, poultry without skin and

baked fish. Small portions of nuts give good healthy fats.

■ **Soup.** We've done a lot of studies with soup. Soup gives a lot of satiety. Obviously if you had a really high-fat soup, you could end up taking in too many calories. So you want to go for your broth-based (such as vegetable with beef broth soup or chicken, rice and vegetable soup) and tomato-based soups. For example, if you wanted a clam chowder, you would go for the Manhattan rather than the New England because it's going to be tomato-based rather than cream-based.

If you're going to have soup as a first course, go for a satisfying portion with 100 calories or less. You could end up overeating if you have a whole lot of calories at an additional first course. Again, if you're going to have soup as a snack, you'd probably want one with 100 calories or less. There are a lot of commercially available soups that have 100 calories or less in a portion. It's a pretty easy strategy as a nice convenient snack or first course that can help control hunger.

I think often for snacks, people only need 100 calories to help control hunger. Only they're reaching for a candy bar or a bag of chips that in a small amount may be giving them more calories than they need. And it's not in a very big portion so it's not very satisfying.

■ **Condiments, Salad Dressings and Sauces.** Find non-fat and low-fat ones you like. For example, when people are trying to decide on a salad dressing, some people will like fat-free dressings. Others will like reduced-fat versions. Others may really want their olive oil and vinegar and they can make that choice; they just need to take less of it. People have to decide their own pattern, but they need to be aware that if they go for the high-fat version, they get much less as a portion. Some fat is necessary in the diet to provide essential nutrients.

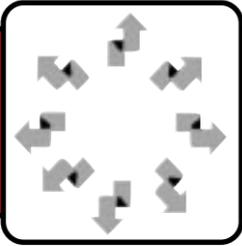
■ **Desserts.** If you want to

NOTE: The amount of fat recommended for a Volumetrics meal pattern is consistent with the Dietary Guidelines 2000 recommendation of a total fat intake of no more than 30 percent of calories.

have dessert, ones that have some fruit in them to help dilute calories are a good choice. Having a piece of chocolate at the end of a meal is really not a bad strategy. You're already pretty full and less likely to overeat and sit down and eat the whole box. I find myself that having the most delicious chocolate I can think of in a small amount at the end of the meal really helps me end the meal! It's a satisfying finish and I know I'm finished then. You need to keep the sensory pleasure in there, too.

■ **Candies.** If you need

Miscellaneous



PRUNING

continued from page 2

to remove lower branches on mature trees. You can usually do this anytime of the year. Because these branches are usually large, it's best to use the three-cut pruning method for removal. To do this, make an undercut half-way through the branch, a foot out from the trunk. Make a second cut a few inches beyond the undercut. You will remove the branch with this second cut. Remove the stub with your third and final cut. The three-cut method prevents the falling

branch from tearing a large section of bark from the trunk.

No matter what kind of branch you're pruning, the cardinal rule of pruning is to never leave a stub. Stubs are unattractive, and result in larger decay columns than flush cuts. Make pruning cuts flush to the branch collar when the collar is evident. Branch collars are the natural swellings that occur where a branch joins a larger branch or the trunk. (MJM)



NUISANCE

continued from page 3

from their safe perches in the hackberry trees. I have many passionate people who call wanting to find ways to "encourage" squirrels in their backyard.

If you are having a problem with squirrels, it's not practical or even possible to think about removing every squirrel from the neighborhood—it just won't work. You may be able to trap and remove individual squirrels that have made a home in your attic or are repeated "chewing" offenders. If you need help, try working with a pest control company that specializes in wildlife removal.

To prevent damage, focus on exclusion. Roof areas can be repaired and then hardware cloth/tin applied to prevent more damage. Bird feeders can be rigged to keep squirrels out. In addition, many stores sell taste repellents like capsaicin that can be mixed with bird seed. Issues with electric wires on outdoor decorations are more difficult. Avoid placing lights in "squirrel

habitat" (like trees and shrubs). At Halloween, bring pumpkins in during the day, display them at night (when they are spookier). Don't feed squirrels on a balcony and then expect them to stare through a screen door at the nuts in the bowl on the table. They are quite able to help themselves.

There is a new NEBGUIDE, "Tree Squirrels and Their Control" G-1377, available at the extension office. It is an excellent resource. Call to request your free copy or stop by and pick this publication up at your convenience. You can also access the publication on-line via our website at <http://www.ianr.unl.edu/ianr/lanco/enviro/>

As for me, I've been there, just like you. Tomorrow morning, I'll wake up to the chattering and thumping sounds of squirrels running around in my porch roof. Gotta love 'em (grrr!).



COLD

continued from page 3

again. If this rotation did not take place, the bees would freeze to death—and would be the death of the entire hive.

Honey the bees collected during the previous summer is the energy source used to maintain this constant temperature and movement inside the hive. In the northern states, a normal colony of bees will consume 60 to 80 pounds of honey in the winter and early spring before the bees can

become active. If a beekeeper is too greedy and doesn't leave enough honey for the wintering bees, the colony will die.

Animals have evolved many different adaptations to help them survive the long cold winters. To be sure, some animals and birds will not survive the winter. This is nature's way of thinning animal populations so only the most fit survive.



FINANCIAL

continued from page 4

4:30 p.m. Lunch and refreshments will be served. Participants will receive a conference parking pass. The registration fee for each workshop is \$30 for one person, \$37 for two people sharing one computer with two meals and

one set of handouts, and \$45 for two people at one computer with two meals and two sets of handouts. Registration must be received at the extension office, with payment, in order to hold a place in the workshop. (TD)

something sweet, have a hard candy. You can use candy in small doses to satisfy the desire for something sweet! You don't

have to eat the whole bag, one hard candy might do it." (AH)

The NEBLINE

Nebraska Cooperative Extension
Newsletter
Lancaster County

THE NEBLINE is published monthly by the University of Nebraska Cooperative Extension in Lancaster County, 444 Cherrycreek Rd., Suite A, Lincoln, Nebraska, 68528-1507. Contact the extension office, (402) 441-7180 or www.lanco.unl.edu for more information.



Gary C. Bergman, Extension Educator—Unit Leader,
gbergman1@unl.edu

NOTICE: All programs and events listed in this newsletter will be held at the Lancaster Extension Education Center unless noted otherwise. Use of commercial and trade names does not imply approval or constitute endorsement by the University of Nebraska Cooperative Extension in Lancaster County.

- Lorene Bartos**, Extension Educator, lbartos1@unl.edu
- Corey Brubaker**, Extension Educator, sbrubaker1@unl.edu
- Maureen Burson**, Extension Educator, mburson1@unl.edu
- Patrice Broussard**, Nutrition Advisor, pbroussard2@unl.edu
- Tom Dorn**, Extension Educator, tdorn1@unl.edu
- Soni Cochran**, Extension Associate, scochran2@unl.edu
- Lance Cummins-Brown**, Extension Educator, lbrown4@unl.edu
- Arlene Hanna**, Extension Associate, ahanna1@unl.edu
- Alice Henneman**, Extension Educator, ahenneman1@unl.edu
- Don Janssen**, Extension Educator, djanssen2@unl.edu
- LaDeane Jha**, Extension Educator, ljha1@unl.edu
- Ellen Kraft**, Extension Assistant, ekraft1@unl.edu
- Tracy Kulm**, Extension Assistant, tkulm1@unl.edu
- Deanna Karmazin**, Extension Assistant, dkarmazin2@unl.edu
- Mary Kolar**, Publication & Resource Assistant, mkolar2@unl.edu
- Mary Jane McReynolds**, Extension Associate, mmcreynolds1@unl.edu
- Mardel Meinke**, Extension Assistant, mmeinke2@unl.edu
- Barb Ogg**, Extension Educator, bogg1@unl.edu
- Andrea Ohlrich**, Extension Assistant, aohlrich2@unl.edu
- Sondra Phillips**, Nutrition Advisor
- Kendra Schmit**, Extension Assistant, kschmit2@unl.edu
- David Smith**, Extension Technologist, dsmith9@unl.edu
- Suzanne Spomer**, Americorps - VISTA, sspomer2@unl.edu
- Jim Wies**, Extension Assistant, jwies1@unl.edu
- Karen Wobig**, Extension Assistant, kwobig2@unl.edu



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 - TDD (Telecommunications Device for the Deaf)** 441-7180
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 - FAX** 441-7148
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University of Nebraska
Cooperative Extension in Lancaster County
444 Cherrycreek Road • Suite A, Lincoln, Nebraska 68528-1507

Extension Calendar

All programs and events will be held at the Lancaster Extension Education Center unless otherwise noted.

- January 18**
Fairboard Meeting
- January 22**
FCE Council, 12 p.m.
- January 23**
Pet Pals 4-H Club Meeting, 7 p.m.
FCE Leader Training, 1 p.m.
4-H Chess Club Meeting, 7 p.m.
- February 3**
4-H Cattle Weigh-In, State Fair Park 8-11 a.m.
- February 6**
4-H Council, 6:15 p.m.
4-H Activities/Achievement-What's It All About, 7 p.m.
- February 9**
Extension Board Meeting, 8 a.m.
- February 12**
4-H Shooting Sports Meeting, 7 p.m.

AWARD

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“Virginia is always there for us. No matter what problems we have, she smiles, tells us she will see what she can do; but we know she digs, hunts, and finds what we need; then dutifully gets what we need typed,

copied, sorted, and in our boxes long before we need them. She is amazing.”
“Virginia’s long time service to NEP has provided her with a level of understanding of the program, that allows her to

foresee the needs of the staff.”
“She is pleasant and positive all the time.”
As a recipient of this award, she received a cash award of \$250, a framed certificate and a lapel pin. (MB)



TESTING

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Testing for protein content can help determine how the feed can be fed, if it is to be used as a protein source in the ration. For example, protein doesn’t have to be fed every day. If it would fit

the herd’s needs at five pounds a day for 100 cows, that would be 500 pounds of needed protein. If a 1,000-pound bale of hay was put out every other day, the protein need would be achieved.

(TD)
SOURCES: Paul Hay, Extension Educator, Gage County, NU/IANR; Rick Rasby, Ph.D., Beef Specialist, NU/IANR



CONFERENCE

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soybean groups. Guest master of ceremonies will be Emery Kleven of KTIC Radio.
Husker Feed Grains and Soybean Conference is a joint effort of the Nebraska Corn Growers, Nebraska Grain Sorghum Producers, and

Nebraska Soybean Associations—in cooperation with the corn, grain sorghum, and soybean check-off boards.
Those interested in attending this years conference can phone Irene Severin, conference coordinator at 402-787-3885 for

more information. Registration for the full two-day conference at the door is \$110; for those attending Wednesday or Thursday only, the registration is \$45 and \$70 respectively. (GB)

Marriage Truths

If you are a dual-earner with children, great demands are placed on your resources—time, energy, money, patience, and it may place great demands on your marriage. When this happens, your marriage may take last place on your priority list. Disagreements, conflicts, and “fights” may increase. Here are some “truths” to remember about your marriage.

Each relationship contains a hidden reservoir of hope. Even the most destructive fights and conflicts start with good intentions. These good intentions form the basis for the hidden reservoir of hope that a fully satisfying relationship can be achieved.

One “zinger” will erase twenty acts of kindness. It takes only one put-down to undo hours of kindness. Intimate partners must learn to manage their anger and control the exchange of negative behavior.
It’s not the differences that cause problems, but how the differences are handled when they arise. Partners must learn how to manage differences between themselves and their partners. Rather than focus on areas of agreement or disagreement, couples in happy relationships develop good listening skills.
Men and women fight using different weapons, but suffer similar wounds. The apprecia-

tion of how each gender faces conflict is the first step to healing the negative feelings both sexes share. This task is made easier when partners realize their wants and needs are similar, even though prior attempts to meet those needs were met by failure and frustration.
Partners need to practice relationship skills to become good at them. Instead of continually changing partners in the quest for a happy relationship, people should be learning to manage conflicts, angers, and disagreements that are common in all relationships. (LJ)